

Sensing techniques in *nuad boran*

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No matter which style of healing you practice, “sensing” is a pivotal area of development. I am humbled each year as I return to Thailand and am reminded that there is so much to learn - as well as a lot to unlearn. Technique can be useful only to a point. Guidance is constantly available if we can just open ourselves, relax our bodies, and connect with our clients on subtle levels.

“Warming” and “checking” help us to feel where blockages are. In a holistic and well-rounded Thai session we begin to discover how different blockages relate so we can follow the energy. In order to effectively backtrack and recheck we need to be able to establish a “baseline” first, so that when we return to a blockage we can tell if there has been a change or improvement.

Apply light pressure with the flat area of the fingers, and move around with a patting motion or gentle squeezes after warming with palm presses etc. If you feel more pressure is needed in order to read deeper, then use fingertips with light pressure and move the skin over the tissue perpendicular to the fibers or tendons. It can be useful to compare the same spot on the other side of the body. Use good posture and body mechanics so you can be mindful and attentive. Strong pressure tends to obscure the more subtle information and so it is better to use more pressure to achieve “releases.”

After application of a release or a series of releases, use the same approach when rechecking. As you expand your “checking” you may find that energy has moved to a new area. You may have to move ahead and then return - or even backtrack further - in order to move more of the blocked energy. This cumulative and progressive approach can make a big difference, and can allow a client to receive lasting benefits instead of returning with the same difficulty each time.

Palming lateral leg

Lean from your center, elbows straight while “Warming and Checking”. Keep up on the lateral quads with the base of your palm, avoid bending your wrist back. Let the leg be medially rotated 50% of the clients range. Notice differences in softness and quality of the fibers.



Check quads with flat fingers

Check quads with flat fingers: Get into a relaxed position. Flatten your fingers and use a large surface area, keep the pressure light at first. Notice how the feeling changes when you increase the pressure. Move up and down the leg. (you can also move across the fibers to get more information).



Check quads with a squeeze

Keep the fingers flat and let the thumb make contact at the first joint. Keep the pressure light and move up and down the thigh along the lateral quads.

Check Pectoral Wind Gate

Position the arm at 90 degrees to the midline of the body. Keep the fingers flat at first and use light pressure in the space between the humerus and the ribcage. Avoid pressure on bone structure. Move up close to the clavicle onto pec minor and then move down along pec major (you can also move your fingers across the fibers to get more information) .

